Companaticum

What Went With the Bread



Bread was the meal, and everything else went with it. This sheet collects the Latin from the episode, adds the vocabulary of the kitchen, the garden and the refectory, and offers short source texts from Cluny and from the Rule of Saint Benedict with a handful of exercises. No translations are given for the texts: the notes are there to help you read them yourself. An answer key for the exercises is on the last page.

1 Words from the episode

Latin	Meaning	Note
garum, -i *n.*	fermented fish sauce	a Greek loan
liquamen, -inis *n.*	fish sauce	literally 'a liquid'; the usual word in Apicius
res coquinaria	cookery	*coquinarius* 'of the kitchen'; *De re coquinaria*: *de* + ablative
silphium, -ii *n.*	silphium	the Greek name; in Latin also *laserpicium*
panis, -is *m.*	bread	
companaticum, -i *n.*	what goes with the bread	medieval, from *cum* + *panis*; compare *companio*, -onis *m.* 'bread-sharer', hence *companion*
signum, -i *n.*	sign	*pro signo* + genitive, 'for the sign of'
pomum, -i *n.*	fruit (of a tree)	later narrowed to 'apple', as in French *pomme*
malum, -i *n.*	apple	a Greek loan, with long *a*
malum, -i *n.*	evil, misfortune	neuter of *malus, -a, -um*, with short *a*; *bonum et malum*
pirum, -i *n.*	pear	
truta, -ae *f.*	trout	late Latin *tructa*; first declension, feminine
sturio, -onis *m.*	sturgeon	medieval, a Germanic loan
caro, carnis *f.*	meat, flesh	*carnes quadrupedum* 'the flesh of four-footed animals'; *quadrupes*, -pedis
regimen sanitatis	regimen of health	*regimen*, -inis *n.* 'guidance'; *sanitas*, -atis *f.* 'health'
mala aurea	golden apples	plural of *malum aureum*; Italian *pomodoro*
valete, amici	farewell, friends	plural imperative of *valere* 'to be well'

Say it aloud

The acute accent marks the stressed syllable; it is a reading aid and not part of the spelling.

gárum · liquámen · res coquinária · sílphium · companáticum · pómum · pírum · trúta · stúrio, sturiónis · cáro, cárnis · quadrúpedum · régimen sanitátis · mála áurea · valéte, amíci · cáseus · butýrum · anguílla · amýgdala · ieiúnium · refectórium

In classical Latin the two words *malum* were not quite alike: the apple had a long *a*, evil a short one. By the Middle Ages vowel length was no longer heard, and the two sounded the same.

2 More kitchen Latin

These words are not all in the episode, but they are the ones you meet most often in recipes, monastic customaries and household accounts.

Staples

frumentum, -i *n.*	grain
triticum, -i *n.*	wheat
hordeum, -i *n.*	barley
milium, -ii *n.*	millet
farina, -ae *f.*	flour
oleum, -i *n.*	oil
oliva, -ae *f.*	olive
vinum, -i *n.*	wine
acetum, -i *n.*	vinegar
sal, salis *m.*	salt
mel, mellis *n.*	honey
piper, -eris *n.*	pepper
species, -erum *f. pl.*	spices (medieval)
saccharum, -i *n.*	sugar (also *zuccarum*)

Milk, eggs and fat

lac, lactis *n.*	milk
caseus, -i *m.*	cheese
butyrum, -i *n.*	butter
lardum, -i *n.*	lard, bacon
adeps, -ipis *m./f.*	fat
ovum, -i *n.*	egg
amygdala, -ae *f.*	almond

From the garden

faba, -ae *f.*	bean
caulis, -is *m.*	cabbage
cepa, -ae *f.*	onion
allium, -ii *n.*	garlic
cucumis, -eris *m.*	cucumber
melo, -onis *m.*	melon
ficus, -i *f.*	fig
uva, -ae *f.*	grape
nux, nucis *f.*	nut

Meat and fish

piscis, -is *m.*	fish
anguilla, -ae *f.*	eel
salmo, -onis *m.*	salmon
lucius, -ii *m.*	pike
allec, -ecis *n.*	herring (medieval)
avis, -is *f.*	bird
pullus, -i *m.*	chicken
anser, -eris *m.*	goose
porcus, -i *m.*	pig
bos, bovis *m./f.*	ox, cow

Kitchen and table

coquina, -ae *f.*	kitchen (classical *culina*)
coquus, -i *m.*	cook
olla, -ae *f.*	pot
patina, -ae *f.*	pan, dish
culter, -tri *m.*	knife
cochlear, -aris *n.*	spoon
mensa, -ae *f.*	table
refectorium, -ii *n.*	refectory
ferculum, -i *n.*	dish, course
pulmentarium, -ii *n.*	cooked dish
prandium, -ii *n.*	midday meal
cena, -ae *f.*	main meal
convivium, -ii *n.*	banquet
ieiunium, -ii *n.*	fast

What the cook does

coquere	to cook
assare	to roast
frigere	to fry
elixare	to boil
condire	to season
edere, **comedere**, **manducare**	to eat
bibere	to drink
gustare	to taste
ieiunare	to fast

3 What the texts say

Apple and evil

> *de ligno autem scientiae boni et mali ne comedas* — Genesis 2:17 (Vulgate)
> *tulit de fructu illius et comedit* — Genesis 3:6 (Vulgate)
> *Pro signo pomorum, maxime piri vel mali, pollicem cum aliis digitis conclude.* — Cluny sign list

Notes. *lignum*, -i *n.* ‘wood; tree’ · *scientia* + genitive, ‘knowledge of’ · *ne comedas*: prohibition, *ne* + present subjunctive · *tulit*: perfect of *ferre* · *fructus*, -us *m.* ‘fruit’ · *maxime* ‘especially’ · *pollex*, -icis *m.* ‘thumb’ · *concludere* ‘to enclose’.

Question. Which word does Genesis use for what is taken from the tree?

Text 1 · Three signs from the Cluny list (late eleventh century)

How a silent monk asked for fish. The text follows the list as printed by Ambrose (see Further reading), with its medieval spelling; words in angle brackets are not in that text and are supplied from the sense.

> *Pro signo generali piscium cum manu simula caude piscis in aqua commotionem.*
>
> *Pro signo salmonis vel sturionis premisso generali signo piscium hoc adde, ut pugnum erecto ⟨pollice⟩ subponas mento, quo superbia significatur, quia superbi maxime et divites tales pisces solent habere.*
>
> *Pro signo trute hoc adde, ut digitum de supercilio ad supercilium trahas propter ligaturas, que hoc in loco ⟨habentur a⟩ feminis, et quia truta femineo genere pronuntiatur.*

Notes. *e* stands for classical *ae*: *caude* = *caudae*, *trute* = *trutae*, *que* = *quae*, *premisso* = *praemisso* · *simula*: imperative of *simulare* ‘to imitate’ · *cauda* ‘tail’ · *commotio*, -onis *f.* ‘movement’ · *premisso generali signo*: ablative absolute, ‘the general sign having been made first’ · *hoc adde, ut* + subjunctive: ‘add this, that you …’ · *pugnus* ‘fist’ · *subponere* + dative, ‘to put under’; *mentum* ‘chin’ · *quo* ‘by which’ · *superbi*, *divites*: adjectives used as nouns · *solere* + infinitive, ‘to be in the habit of’ · *supercilium* ‘eyebrow’ · *ligatura* ‘band’ · *habentur* ‘are worn’ · *femineo genere*: ablative, ‘in the feminine gender’.

Questions. (a) What does the general sign for fish imitate? (b) Find the two ablative absolutes in the second entry. (c) Who, according to the text, usually has salmon and sturgeon? (d) The trout sign has two reasons, one with *propter* and one with *quia*. Which of them is about grammar?

Text 2 · The Rule of Saint Benedict (sixth century)

Silence at table, the ban on meat, and the exception for the sick.

> *Et summum fiat silentium, ut nullius mussitatio vel vox nisi solius legentis ibi audiatur.* — ch. 38
>
> *Carnium vero quadrupedum omnimodo ab omnibus abstineatur comestio, praeter omnino debiles aegrotos.* — ch. 39
>
> *Sed et carnium esus infirmis omnino debilibus pro reparatione concedatur; at ubi meliorati fuerunt, a carnibus more solito omnes abstineant.* — ch. 36

Notes. *fiat*: subjunctive of *fieri*, ‘let there be’ · *nullius*: genitive, ‘of no one’ · *mussitatio* ‘whispering’ · *nisi solius legentis*: ‘except (that) of the reader alone’; *legentis* is the genitive of the present participle · *carnium*: genitive plural of *caro* · *omnimodo* ‘entirely’ · *abstineatur … comestio*: ‘let the eating … be abstained from’ · *praeter* + accusative, ‘except’ · *debilis* ‘weak’; *aegrotus* ‘sick’ · *esus*, -us *m.* ‘eating’ · *pro reparatione* ‘for their recovery’ · *concedatur* ‘let it be granted’ · *at ubi* ‘but when’ · *meliorati fuerunt*: late Latin perfect passive, ‘they have got better’ · *more solito* ‘in the usual way’.

Questions. (a) Whose voice may be heard in the refectory? (b) What is the grammatical subject of *abstineatur*? (c) Which animals does *quadrupedum* cover, and which does it leave out? (d) Who may eat meat, and until when?

4 Exercises

A · Apple or evil?

Decide which *malum* is meant.

1. *lignum scientiae boni et mali*
2. *mala aurea*
3. *libera nos a malo*
4. *malum Punicum*
5. *pro signo piri vel mali*
6. *ab ovo usque ad mala*

B · Which food?

Five more signs from the Cluny list, with the food left out. Choose from *anguilla* · *caseus* · *lac* · *mel* · *panis* and put the word in the genitive.

1. *Pro signo* _____ *fac unum circulum cum utroque pollice et his duobus digitis, qui secuntur, pro eo, quod* […] *solet esse rotundus.*
2. *Pro signo* _____ *minimum labiis inpinge pro eo, quod ita sugit infans.*
3. *Pro signo* _____ *paulisper linguam fac apparere et digitos applica, quasi lambere velis.*
4. *Pro signo* _____ *utramque manum cumiunge per obliquum, quasi qui caseum premit.*
5. *Pro signo* _____ *cumclude utramque manum, quasi qui ita tenet et premit anguillam.*

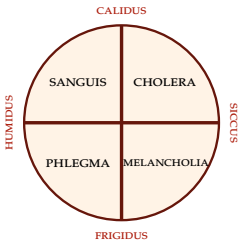
Help. *uterque* 'both' · *secuntur* = *sequuntur* · *pro eo, quod* 'because' · *minimus* (*digitus*) 'little finger' · *labium* 'lip' · *inpinge* = *impinge*, from *impingere* 'to press against' · *sugere* 'to suck' · *paulisper* 'for a moment' · *lambere* 'to lick' · *cumiunge* = *coniunge*; *per obliqum* = *per obliquum* 'at an angle' · *premere* 'to press' · *cumclude* = *conclude* · *quasi qui* 'like someone who'.

C · Hot and dry

calidus, -a, -um hot · **frigidus**, -a, -um cold · **humidus**, -a, -um moist · **siccus**, -a, -um dry

humor, -oris *m.* humour, bodily fluid

complexio, -onis *f.* temperament, the mixture of qualities in a body or a food



Each of the four humours joins two qualities. Spices were reckoned hot and dry, fresh fruit cold and moist.

Model: *Piper est calidum et siccum.* Complete the sentences as a physician of the *regimen sanitatis* would, with the right forms of the four adjectives.

1. *Melo est* _____ *et* _____.
2. *Poma sunt* _____ *et* _____.
3. *Species sunt* _____ *et* _____.
4. *Cucumis est* _____ *et* _____.

D · Still on the table

Which English word descends from each Latin one? Add the word from another language you know.

1 coquina	2 coquus	3 caseus	4 piper
5 oleum	6 butyrum	7 vinum	8 salsa

E · Your own sign

The monks of Cluny never saw a tomato. Write the entry for them, on the model of the list: *Pro signo mali aurei* … Use an imperative (*fac*, *simula*, *conclude*, *adde*) and give a reason with *quasi* or *pro eo, quod*.

5 Further reading

Kirk Ambrose, "A Medieval Food List from the Monastery of Cluny," *Gastronomica* 6/1 (2006) · Caroline Walker Bynum, *Holy Feast and Holy Fast* (1987) · Andrew Dalby and Sally Grainger, *The Classical Cookbook* (1996) · Richard C. Hoffmann, "Frontier Foods for Late Medieval Consumers," *Environment and History* 7 (2001) · Tinde van Andel et al., "Sixteenth-Century Tomatoes in Europe," *PeerJ* (2022). The full list of sources is in the episode description.

Answer key

A 1 evil · 2 apples · 3 evil · 4 apple (the pomegranate, 'Punic apple') · 5 apple · 6 apples ('from the egg to the apples', the whole meal; Horace, *Sermones* 1.3.6–7). **B** 1 panis · 2 lactis · 3 mellis · 4 casei · 5 anguillae (in the manuscripts *anguille*).
C 1 frigidus et humidus · 2 frigida et humida · 3 calidae et siccae · 4 frigidus et humidus. **D** 1 kitchen · 2 cook · 3 cheese · 4 pepper · 5 oil · 6 butter · 7 wine · 8 sauce.
Apple and evil *fructus*, not *malum*. **Text 1** (a) the movement of a fish's tail in the water · (b) *premisso generali signo*; *erecto pollice* · (c) the proud and the rich · (d) the *quia*-clause: *truta* is of the feminine gender.
Text 2 (a) only the reader's · (b) *comestio* · (c) four-footed animals; birds and fish are left out · (d) the sick who are very weak, until they have recovered.